

## Academic Requirements for Health Enhancement

(for a "typical" school... which does not exist)

	<b><i>Elementary</i></b>	<b><i>Junior High</i></b>	<b><i>High School</i></b>
<b>Grades</b>	K-6 ( <i>middle school 5-8</i> )	7-8	9-12
<b>Requirement</b>	Program to enable students to meet the content and performance standards	One-half unit each year	One-half unit each year for two years
<b>Time</b>	No "seat time" requirement	112.5 minutes per week	112.5 minutes per week
<b>Content</b>	<p>The program is to include age-appropriate content in the following areas: physical activity, nutrition, alcohol/tobacco/drug use and abuse, family life and sexuality education, prevention and control of disease, accident prevention and safety, violence prevention, mental and emotional health, personal health, consumer health, community health and environmental health.</p> <p>Health education topic areas would include: nutrition, alcohol, drugs, tobacco, HIV/AIDS, sexuality, asthma, diabetes, cardiovascular disease, sun safety, disease control and prevention, accident and injury prevention, violence prevention (bullying, tolerance, character education, suicide prevention, etc.), mental and emotional health, personal health (oral health, etc.), consumer health (media literacy, health information resources, etc.), community health, and environmental health issues.</p>		
<b>Prioritizing Content</b> (examples)	Physical activity Accident/injury prevention Tobacco prevention Nutrition	Physical activity Tobacco prevention Drug/alcohol prevention Sexuality education	Sexuality education Nutrition education Drug/alcohol prevention Physical activity
<b>"Traditional" Day</b> (examples)	<p>Two-week rotating schedule:  Week 1 = MWF for health education, TTH for physical activity  Week 2 = MWF for physical activity, TTH for health education  Repeat throughout the school year</p> <p>Nine-week rotation:  Nine weeks of health education followed by nine weeks of physical activity, then repeat.</p>		
<b>"Typical" School Year</b> (for students)	180 days  No time requirement	180 days  One-half unit equals one-half year which is 90 days which is 90 class periods. If <b>health</b> and <b>PE</b> split the 90 class periods, then each will have 45 class periods in a school year.	180 days  One-half unit equals one-half year which is 90 days which is 90 class periods. If <b>health</b> and <b>PE</b> split the 90 class periods, then each will have 45 class periods in a school year.

**Reference:** *Montana School Accreditation Standards and Procedures ARM 10.55.901-906*

**December 2003**

The "**funnel**" **effect** on teaching time for Health Enhancement (see diagram/overhead)

All content and topics ----- one-half unit of Health ----- Health - PE  
Enhancement per year

180 days ----- 90 days ----- 45 days each

180 class periods ----- 90 class periods ----- 45 class periods

For **health education** topics:

- 45 class periods to cover 24 content topics results in less than 2 class periods per topic per year.
- If a class period is 45 minutes long, then each topic gets about 80 minutes per year.

This assumes there are no missed class periods during the school year (sick days, field trips, tournaments, assemblies, etc.)

If the content is intended to be taught during the day and by classroom teachers, the content needs to be infused into the curriculum. Concepts and content will be taught but one-hundred percent fidelity to an intended curriculum would not be likely.

If the content is not done as part of the school day (e.g., a before school or after school program), then it is likely that not all students will be provided the content material since only children who voluntary attend such programs will be provided the content material.

H:\rick\wp\funnel – HE accreditation standards